

Substance Abuse: Knowledge And Attitude Of Nursing Students

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Abstract:

Introduction and Background: Substance abuse a significant medical and social problem that engulfs every stratum of the community in different ways. Every year substance misuse brings about around 40 million difficult diseases or injuries among the general population.¹ Substance misuse, otherwise called chronic drug use, is the utilization of a medication in sums or by techniques that are hurtful to the individual or others. It is a type of substance-related disorder. Naturally, the prevalence of drug use in children and adolescent is higher in comparison in all age groups.² In this study researcher assessed the knowledge and attitude of final year nursing students regarding the substance use and develop an information booklet. Rosenstoch (2003) revised health belief model was used as the conceptual framework for this study.

Methodology: Descriptive Research, Cross-Section Survey Design was used. A total of hundred (100) final year nursing students were selected through a convenient sampling technique. Research study data were collected by online survey (google form) through the demographic datasheet, self-structured knowledge questionnaire, and attitude scale on substance abuse. Formal research participation consent was obtained from each participant online.

Result: Study findings revealed that all the, calculated that majority 66% of respondents had good knowledge, 26% of respondents had average knowledge and 8% of respondents had poor and the majority 66% of respondents were uncertain and 34% of respondents had favourable attitude. The correlation of knowledge and attitude was tested by Pearson coefficient correlation. Findings showed that indicated a moderate positive correlation between and were statistically significant.

Conclusion: Therefore, it is concluded that the study, student one way or another student have good knowledge about substance abuse and the majority of themes attitude is uncertain about substance abuse. Therefore, it is important to create a positive attitude towards the avoidance of substance abuse among the nursing matriculates

Keywords: Knowledge, Attitude, Substance Abuse, Students, Final Year.

Introduction and Background

Substance abusers a significant medical and social problem that engulfs every stratum of the community in different ways. Every year substance misuse brings about around 40 million difficult diseases or injuries among the general population.¹ Substance misuse, otherwise called chronic drug use, is the utilization of a medication in sums or by techniques that are hurtful to the individual or others.² Adolescents who misuse drugs with

needles increment their gamble of blood-borne illnesses like HIV, AIDS, and Hepatitis B and C. By the trial and error with substances, especially liquor and tobacco, is a logically more normal way of behaving among understudies.³

Because of quick physiological advancement during adolescence, there is quick development which can influence mental thinking, emotional guideline, and hazardous way of behaving. Teenagers progress through a stage with huge

chance for admittance to medications and openness to the dangers of substance use, given the condition of uplifted feeling and the significance of keeping up with peers.⁴ Young people are presented to many medications, particularly those effectively accessible medications like weed, tobacco, and liquor. In a milieu where social and companion pressures are hard to oppose, youth frequently succumb to the misuse of drugs.⁵

India has an immense risk of populace defenceless against substance misuse and addiction.⁶ There is a relaxed connection between liquor utilization and in excess of 60 sorts of illnesses and injury overall liquor abuse assessed to cause around 20% - 30% of Oesophageal disease, liver malignant growth, and cirrhosis of the liver, murder, epilepsy, and engine vehicle mishaps. Globally 1.8 million deaths and 58.3 million are credited to the utilization of liquor.

As of late, the time of beginning the utilization of medications is logically falling the nation over and the commencement of medication use happens significantly sooner, being during preadolescence and adolescence periods. Early inception of medication use is frequently connected with unfortunate forecast and a long-lasting example of upsetting way of behaving. Medications can affect the creating mind and may disrupt positive family and friend connections and school performance.⁷

Tobacco and liquor are the most usually manhandled drugs by Indian youngsters and youths, which addresses a huge medication danger. Both are entryway substances and are among the earliest medications utilized by kids or young people. A preadolescent or juvenile who smokes tobacco or beverages liquor is multiple times bound to utilize marijuana than somebody who abstains.³

Substance use and criminal way of behaving are interrelated. The more noteworthy the contribution in substance misuse, the more serious is the brutality and guiltiness. There is a rising pattern in genuine violations like assault, murder/endeavour to murder, and theft carried out by adolescents. Drug-wrongdoing relationship has been noted with the utilization of substances like weed with murder, inhalants with assault, and narcotics with grabbing related violations. 8

Thus, seeing into the data, we have it is very essential that we find out what perception the young minds have towards substance abuse and how we can mould this young minds positively.

Objectives of the study:

1. Assess the knowledge and attitude regarding substance abuse.
2. Find the corelation between knowledge and attitude regarding substance abuse.
3. Find the association to demographic variables with the knowledge and attitude regarding substance abuse.

Assumptions of the study:

1. There would be good knowledge regarding substance abuse among the final year B.Sc. Nursing Students.
2. There would be poor attitude regarding substance abuse among the final year B.Sc. Nursing Students.

Materials and Methods:

Research study design: Descriptive Cross-Section Survey

Population: Students studying in Final Year B.Sc. Nursing

Inclusion Criteria: Students willing and available at the time of data collection.

Exclusion Criteria: Students having any psychiatric or substance abuse disorders.

Sampling Technique: Non-Probability Convenient Sampling

Sample Size: 100 final year B.Sc. Nursing students.

Variables:

1. Dependent Variables: Knowledge regarding substance abuse and Attitude regarding substance abuse
2. Independent Variables: gender, age, marital status, religion, place of staying, type of family, location of family, parent's occupation, and monthly family income

Data Collection Tool: The data collection tool had three sections

Section I: Socio Demographic Data

Section II: Self-structured questionnaire to assess the knowledge related to substance use.

Section III: Self-structured likert's scale to assess attitude regarding substance use.

The validity of the tool was done by the experts from the nursing field and reliability was checked through the Split half method for Structured Knowledge Interview Questionnaire and Cronbach "s alpha for the Likert Attitude Scale and reliability of the Structured Knowledge Questionnaire was 0.847 and the reliability of the Likert Attitude Scale was 0.812.

Results: The descriptive statistical analysis and inferential statistical analysis found that. A

total of 100 students, the majority of 61% were female students and 39% were male students in gender. maximum 72% students were belonged to 12 to 23 years. the study also shows maximum 64% students were studying in 4th year B. Sc Nursing and 36% were studying in 3rd year GNM nursing. findings also represent that the majority 46% were located in an urban area, 42% were located in the rural area and 12% were located in suburban areas. As per the location of the family of final year students, the majority 46% were located in urban areas, 42% were located in a rural area and 12% were located in suburban areas and a maximum of 47 % of the student from the participants are staying outside campus.

Table:1 knowledge interpretation of the students about substance abuse.

n=100

Level of knowledge	F	%	Score Range	Median	Mena	SD
Poor knowledge	08	8%	17 3-20	18	15.21	4.795
Average knowledge	26	26%				
Good knowledge	66	66%				

Table:2 Attitude interpretation of students towards substance abuse

n=100

Level of attitude	F	%	Score Range	Median	Mena	SD
Unfavourable	00	00%	54 46-100	62	63.89	10.66
Uncertain	66	66%				
Favourable	34	34%				

Table :3 Interpretation of correlation of knowledge and attitude

n=100

Correlation	Mean	SD	'r' Value	'p' value
Knowledge	15.21	4.795	0.398	0.003*
Attitude	63.89	10.66		

There was a significant association was found between the religion and place of staying at $p < 0.05$ level with the level of knowledge. The other demographic variables such as gender, age, marital status, type of family, location of family, parent's occupation, and monthly family income were statistically non-significant with the level of knowledge regarding substance abuse.

Discussion:

The study found final year nursing students have good knowledge regarding substance abuse, but maximum students have an uncertain attitude about it.

As per the previous survey research conducted by **Dechenla Tsering** et al did a study on students studying in high school to check the knowledge, attitude, and opinion on Substance use. he also found the knowledge of the harmful substance was very high (urban students 84.6%

and rural students 61.5%) and they stated that media was the most frequent source of information. Also, the users were influencing their peers to take up this habit (urban students 15.4% and rural students 26.9%).¹¹

In respect of attitude regarding problems related to substance abuse. A similar cross-section survey was conducted by **Vartika Saxena et al.** with the school-going male adolescents of Dehradun from Doiwala Block to assess the prevalence and attitude about substance abuse. This study also projected a high rate of prevalence of substance abuse with increased literacy, it demonstrated that adolescents who are economically stable and possess good family relationships have favourable attitudes towards substance abuse.¹⁴

According to **Lizzie Margaret Mzumara**, a similar cross-sectional study was conducted among college-going students on substance abuse prevalence and attitude in 2018. In this study researcher also found the association of several demographic variables such as age and living area and education of parents.¹⁵

Conclusion:

The verdicts of the study, most of the adolescent population of the student had good knowledge about substance abuse but an uncertain attitude about substance abuse. student living areas and family involvement are also helpful to restrict the uses as well keeping negative attitude towards the substance abuse among the students.

So, the findings of this study may be helpful to the teaching faculties and parents to improve the knowledge of students about the substance abuse effect on health. Accordingly, the teaching faculties and parents can plan the activities to improve the good attitude towards substance abuse.

Ethical considerations: Formal ethical approval was taken from institutional ethical committee; participants were ensured that their anonymity will be maintained, and an informed consent was taken for the same.

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Conflict of interest: Nil

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